

IMPORTANT INFORMATION- RUNNERS PLEASE READ!

Goose Creek 5K Run E.P. "Tom" Sawyer State Park Saturday, April 9, 2016 9:00 AM

- 1) Please pin your race number to the front of your shirt so that it is clearly visible.
- 2) Please only cross finish line once. If you wish to run back and help a friend, veer off before crossing finish line for the second time, this helps with race timing. Thank you!
- 3) Please return your chip after the race to the designated area.
- 4) There is one water stop on the course that you will pass twice. It is located at the fitness trail/paved road junction.
- 5) The awards ceremony will begin as soon as the last participant crosses the finish line or 10:30 AM, whichever comes first.
- 6) Race results will be available later in the day online at www.headfirstperformance.com.
- 7) Run facing traffic. The course is marked on the left side of the road.

COURSE DESCRIPTION:

Out of E.P. "Tom" Sawyer's main parking lot, take a right. Follow Freys Hill Rd around the curves. Take a right into the next entrance to the park. Follow the paved road up to the fitness trail. Take a right onto the fitness trail. Follow the crushed limestone fitness trail up to the maintenance access road across from the shelter. Take a left on the maintenance access road. Follow the maintenance access road until it reconnects with the fitness trail. Take a left on the fitness trail. Follow the fitness trail until it reconnects with the paved road. Follow the paved road back to Freys Hill Rd. Make a left onto Freys Hill Rd. Follow Freys Hill Rd back to the main parking lot. Turn left into the parking lot and follow the path to the finish line.

 **Activities Building/
Registration**

 **Start/Finish**

 **Water Stop**

